

15

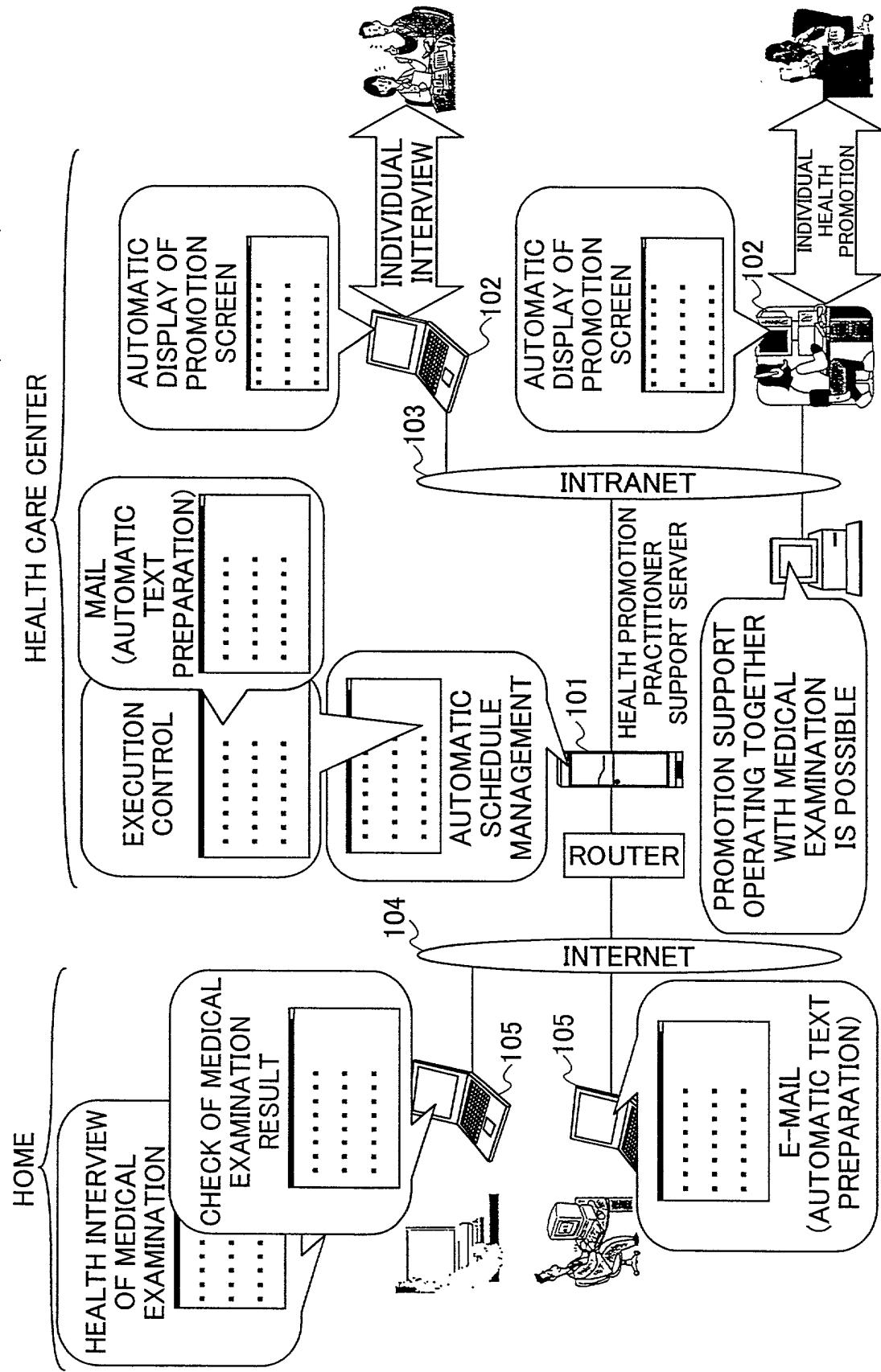


FIG. 2

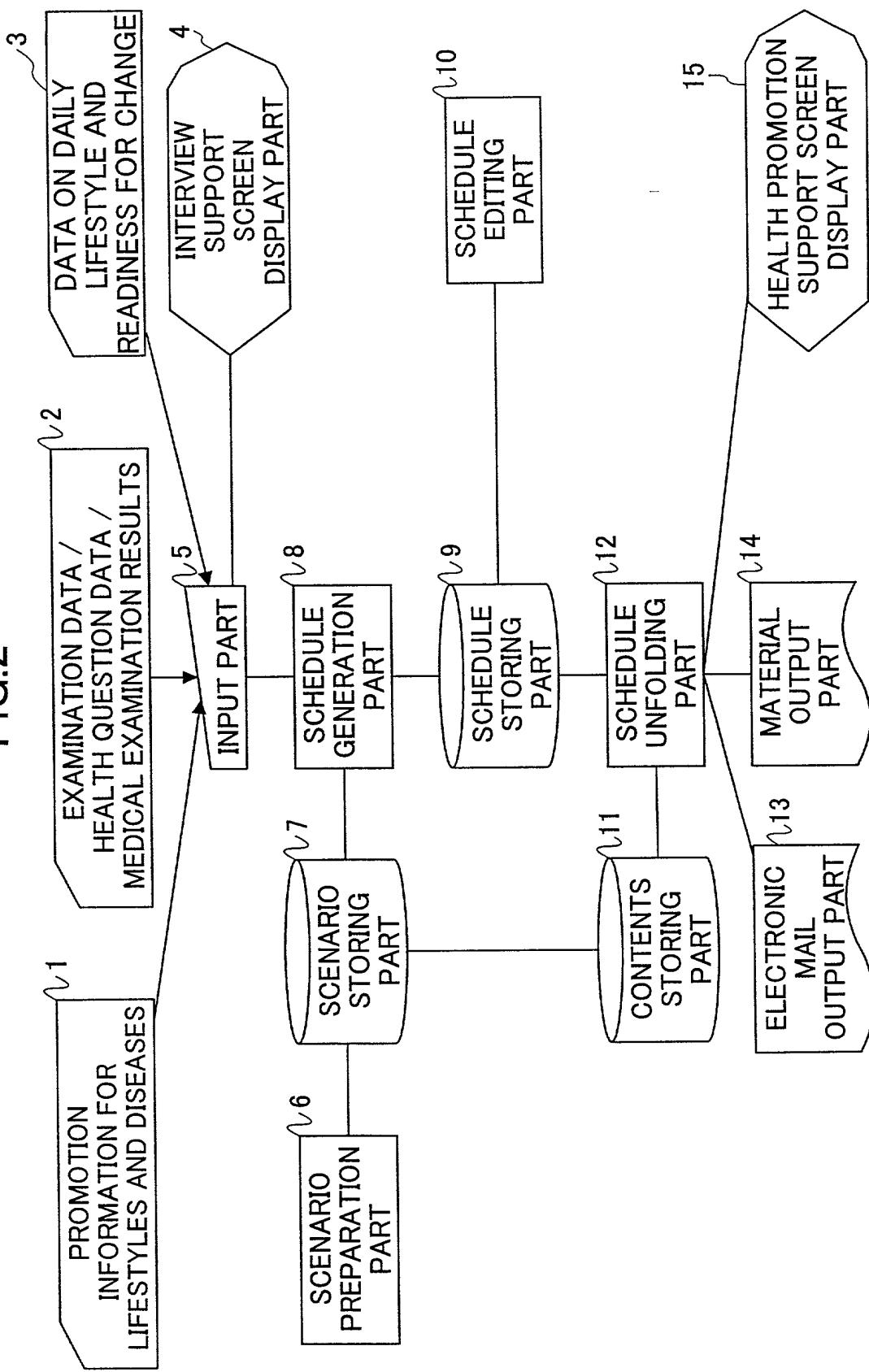


FIG. 3

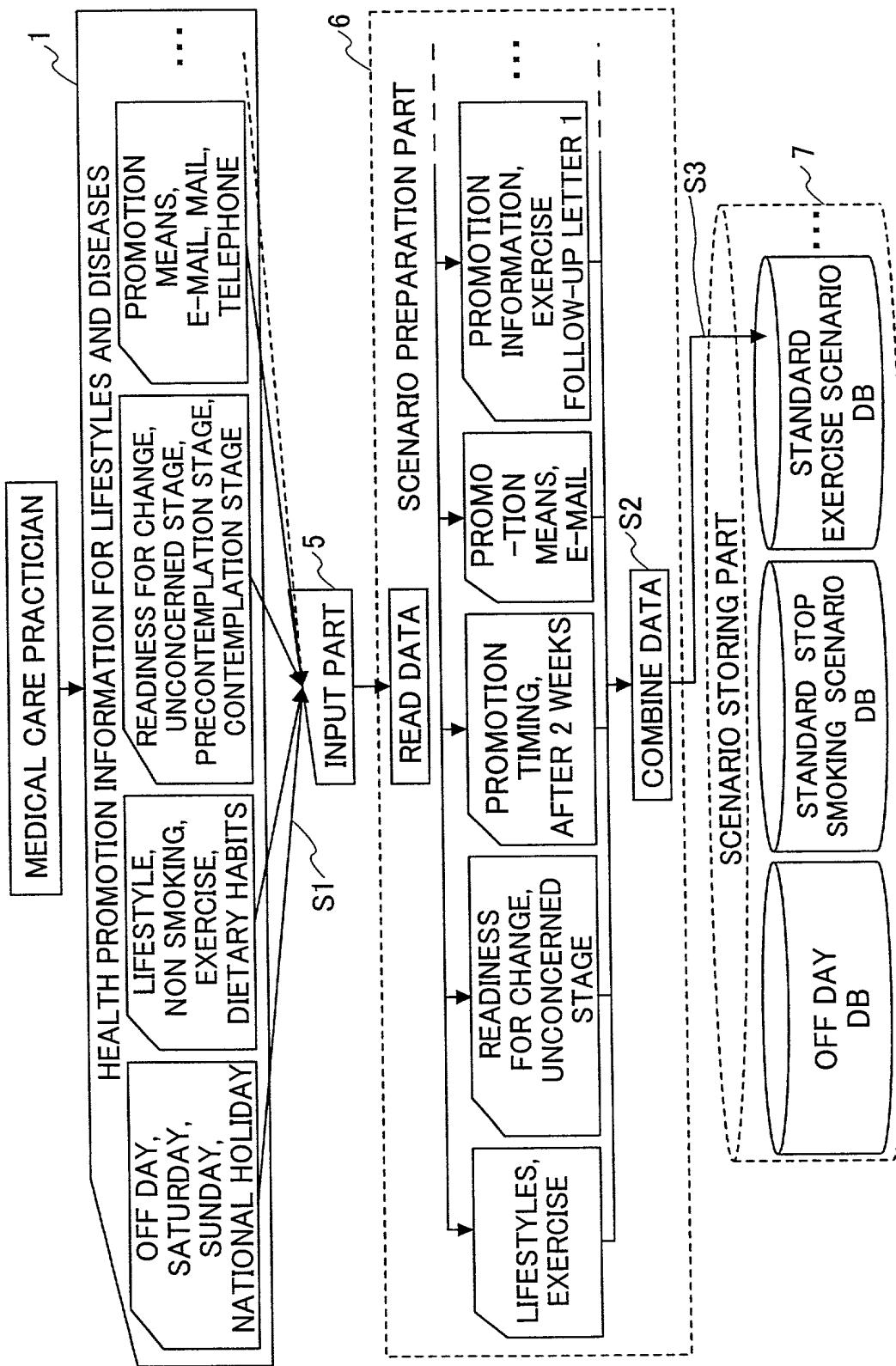


FIG. 4

LIFESTYLE	STAGES OF READINESS FOR CHANGE	PROMO -TION PERIOD	PROMOTI -ON DATE SETTING	PROMOTION INFORMATION	PROMOTION MEANS	NOTES
SMOKING	UNCONCERNED STAGE	AFTER 1 WEEK	7	FOLLOW-UP SMOK -ING AFTER 1 WEEK	E-MAIL	SMOKING 1 WEEK AFTER MAIL.txt
SMOKING	UNCONCERNED STAGE	AFTER 1 MONTH	30	SMOKING FOLLOW -UP LETTER 1	E-MAIL	SMOKING 1 MONTH AFTER MAIL.txt
SMOKING	UNCONCERNED STAGE	AFTER 2 MONTHS	60	SMOKING FOLLOW -UP LETTER 2	E-MAIL	SMOKING 2 MONTHS AFTER MAIL.txt
SMOKING	UNCONCERNED STAGE	AFTER 3 MONTHS	90	SMOKING FOLLOW -UP LETTER 3	E-MAIL	SMOKING 3 MONTHS AFTER MAIL.txt
SMOKING	UNCONCERNED STAGE	AFTER 4 MONTHS	120	SMOKING FOLLOW -UP LETTER 4	E-MAIL	SMOKING 4 MONTHS AFTER MAIL.txt
				TELEPHONE		
EXERCISE	EXECUTION STAGE	AFTER 1 WEEK	7	EXERCISE FOLLOW -UP LETTER 1	E-MAIL	EXERCISE 2 WEEKS AFTER MAIL.txt
EXERCISE	EXECUTION STAGE	AFTER 2 WEEKS	14	EXERCISE FOLLOW -UP LETTER 2	E-MAIL	EXERCISE 3 WEEKS AFTER MAIL.txt
EXERCISE	EXECUTION STAGE	AFTER 3 WEEKS	21	EXERCISE FOLLOW -UP LETTER 3	E-MAIL	EXERCISE 4 WEEKS AFTER MAIL.txt

FIG.5

LEVEL OF READINESS FOR CHANGE	STAGE (SMOKING FOR EXAMPLE)	AWARENESS OF INDIVIDUAL
LOW	UNCONCERNED STAGE (NOT INTEND TO STOP)	HAVE NO INTEREST REGARDLESS OF ADVICE AND RESIST STRONGLY
	PRECONTEMPLATION STAGE (INTEND TO STOP, BUT NOT WITHIN 6 MONTHS)	FEEL NO PROBLEM ON DAILY LIFE AND RESIST OTHER PEOPLE'S ADVICE
	CONTEMPLATION STAGE (INTEND TO STOP WITHIN 6 MONTHS)	START TO BE INTERESTED IN EFFECT FOR HEALTH AND THINK POSITIVELY, BUT, AT THE SAME TIME, THINK ABOUT BURDEN AND CAN NOT INITIATE ACTION
	PREPARATION STAGE (INTEND TO STOP WITHIN 1 MONTHS)	INTEND TO INITIATE ACTION SOON AND SEEK OCCASION AND SUPPORT
	EXECUTION STAGE	HAVE CONSCIOUSNESS FOR HEALTH AND INITIATE ACTION
HIGH	KEEPING STAGE	ALWAYS SHOW CONSIDERATION FOR HEALTH AND ACT AND KEEP THIS STATE

FIG.6

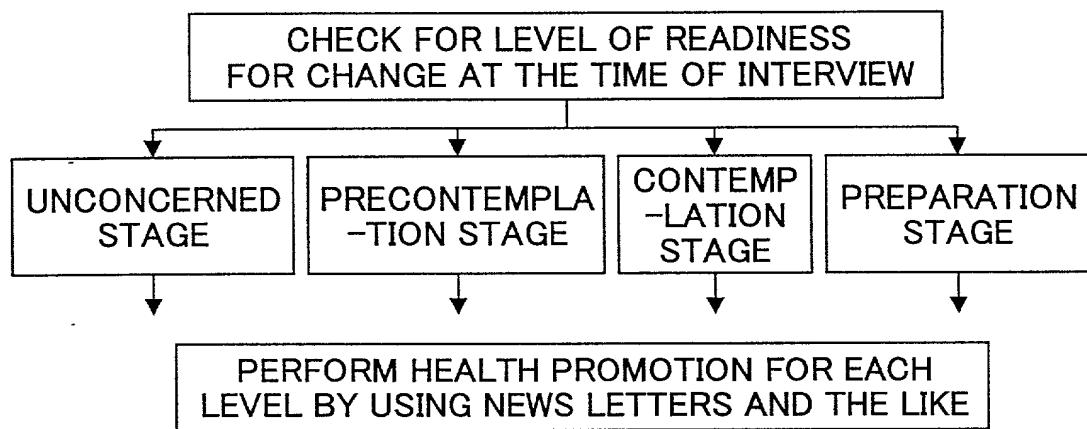


FIG. 7

SETTING OF HEALTH PROMOTION SCENARIO						
PROGRAM NAME	01	SMOKE FREE	SEARCH			
CONTACT METHOD	01	E-MAIL				
READINESS FOR CHANGE	PROMOTION PERIOD	PROMOTION DATE SETTING	PROMOTION INFORMATION	PROMOTION MEANS	NOTES	
UNCONCERNED STAGE	AFTER 1 WEEK		7 RETURNING VIDEO TAPE	E-MAIL		1
UNCONCERNED STAGE	AFTER 2 MONTHS		60 FOLLOW-UP AFTER 2 MONTHS	E-MAIL		
PRECONTEMPLATION STAGE	AFTER 1 WEEK		7 RETURNING VIDEO TAPE	E-MAIL		
PRECONTEMPLATION STAGE	AFTER 1 MONTH		30 NEWS LETTER 1	MAIL		
PRECONTEMPLATION STAGE	AFTER 2 MONTHS		60 NEWS LETTER 2	MAIL		
PRECONTEMPLATION STAGE	AFTER 3 MONTHS		90 NEWS LETTER 3	MAIL		
PRECONTEMPLATION STAGE	AFTER 4 MONTHS		120 NEWS LETTER 4	MAIL		
PRECONTEMPLATION STAGE	AFTER 5 MONTHS		150 NEWS LETTER 5	MAIL		
PRECONTEMPLATION STAGE	AFTER 6 MONTHS		180 NEWS LETTER 6	MAIL		
CONTEMPLATION STAGE	AFTER 1 WEEK		7 RETURNING VIDEO TAPE	E-MAIL		
CONTEMPLATION STAGE	AFTER 1 MONTH		30 NEWS LETTER 1	MAIL		
CONTEMPLATION STAGE	AFTER 2 MONTHS		60 NEWS LETTER 2	MAIL		
CONTEMPLATION STAGE	AFTER 3 MONTHS		90 NEWS LETTER 3	MAIL		
CONTEMPLATION STAGE	AFTER 4 MONTHS		120 NEWS LETTER 4	MAIL		
CONTEMPLATION STAGE	AFTER 5 MONTHS		150 NEWS LETTER 5	MAIL		
CONTEMPLATION STAGE	AFTER 6 MONTHS		180 NEWS LETTER 6	MAIL		
PREPARATION STAGE	AFTER 1 WEEK		7 DETERMINE STARTING DAY	TELEPHONE		
PREPARATION STAGE	AFTER 2 WEEKS		14 DETERMINE STARTING DAY	E-MAIL		
PREPARATION STAGE	AFTER 1 MONTH		30 PREPARATION STAGE OF	TELEPHONE		
EXECUTION STAGE	TO DAY		0 FOLLOW-UP 6 DAY BEFORE	E-MAIL		
EXECUTION STAGE	AFTER 4 DAYS		4 FOLLOW-UP BEFORE START DAY	TELEPHONE		
EXECUTION STAGE	AFTER 1 WEEK		7 FOLLOW-UP 2 DAYS AFTER	TELEPHONE		
EXECUTION STAGE	AFTER 2 WEEKS		14 FOLLOW-UP 1 WEEK AFTER	TELEPHONE		
					END	
				DELETE	REGISTAR	
				NEW	EDIT	

FIG.8

EXAMINATION YEAR MONTH DATE	NAME SEX	EXAMINATION DATA				INTERVIEW DATA			EXAMINATION RESULT		
		BODY MEASURE- MENT	BLOOD PRESSURE	LIPID	SMOKING	EXER- CISE HABIT	BODY MEASU- REMENT	BLOOD PRES- SURE	LIPID		
	HEIG- WEIG- HT	DIAS- TOLIC PRES- SURE	SYS- TOLIC PRES- SURE	T- CHOL	HDL -C	NUM- BER	YEAR				
99/03/07	TARO M	170	65	130	80	200	120	50	5	3	NORMAL
99/03/01	HANA F -KO	156	58	135	70	270	160	55	7	0	NORMAL
99/03/02	JIRO M	167	80	165	95	265	180	50	20	15	OVER- WEIGHT

FIG.9

NAME	SMOKING			EXERCISE				
	CONSCI- USNESS ABOUT STOP- SMOKING	PERI- OD OF STOP- SMOKING (TIMES)	OCCASION OF STARTING SMOKING	REASON WHY SMOKING CAN NOT BE STOPPED	CONSCI- OUSNESS ABOUT EXERCISE	STREN- GTH TRAIN- ING	CALIS- THE- NICS	TROU- BLE
TARO	2	1	1	1,3	3,5,7	4	3	0
HANA -KO	3	2	2	2	3	0	0	3
JIRO	1	0	0		3,6	1	0	0

*DATA IS SHOWN BY CODES

FIG. 10

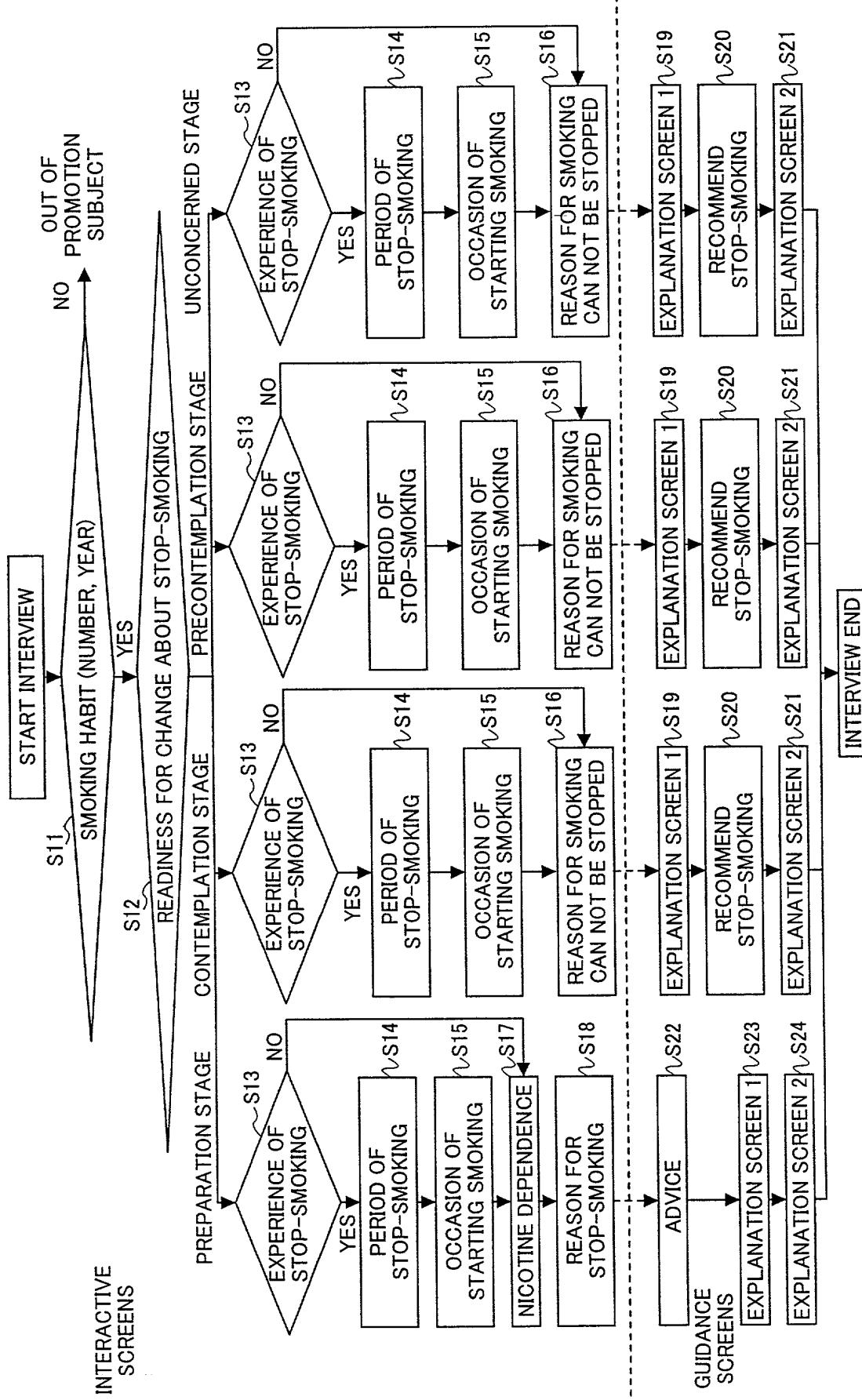


FIG.11

[ACTION TARGET 1 ASK]	
<input type="checkbox"/> NAME CODE [1111111] NAME [TARO]	DATE OF BIRTH [1973/08/27] SEX [MALE]
<input type="checkbox"/> PERSON IN CHARGE [HONDA] ▶	
★CHECK FOR SMOKING HABIT	
<input type="radio"/> NOW SMOKING	<input type="radio"/> FORMERLY SMOKING, <input type="radio"/> AND STOPPED
<input type="checkbox"/> NOT SMOKING <input type="radio"/> ORIGINALLY	
HOW LONG SINCE YOU STOPPED SMOKING	
<input type="radio"/> WITHIN 6 MONTH <input type="radio"/> MORE THAN 6 MONTH	
★CHECK FOR NUMBER OF SMOKING FOR A DAY	
<input type="checkbox"/> 50 (00~99)	
★CHECK FOR STOP-SMOKING YEARS	
<input type="checkbox"/> 10 YEAR (00~99)	
★CHECK FOR READINESS FOR CHANGE FOR STOP-SMOKING	
<input type="radio"/> INTEND TO STOP WITHIN 1 MONTH (PREPARATION STAGE) <input type="radio"/> INTEND TO STOP WITHIN 6 MONTHS (CONTemplATION STAGE) <input type="radio"/> INTEND TO STOP, BUT NOT WITHIN 6 MONTHS (PRECOMPLATION STAGE) <input type="radio"/> NOT INTEND TO STOP (UNCONCERNED STAGE)	
★HAVE YOU EVER STOPPED SMOKING?	
<input type="radio"/> NON <input type="radio"/> ONCE <input type="radio"/> TWICE <input type="radio"/> 3 TIMES <input type="radio"/> 4 TIMES <input type="radio"/> 5 TIMES <input type="radio"/> 6 TIMES <input type="radio"/> 7 TIMES <input type="radio"/> MORE THAN	
<input type="checkbox"/> NEXT PAGE	<input type="checkbox"/> CANCEL

FIG.12

[ACTION TARGET 1 ASK] HAVE EXPERIENCE FOR STOP-SMOKING <input checked="" type="checkbox"/>	
NAVIGATION	NAME <input type="text" value="1111111"/> NAME <input type="text" value="JIRO"/> DATE OF <input type="text" value="1946/08/27"/> SEX <input type="text" value="MALE"/>
	CODE <input type="text"/> BIRTH
CONTEMPLATION STAGE	★ WHEN YOU STOPPED SMOKING FOR THE LONGEST PERIOD, HOW LONG DID IT LAST? <input type="checkbox"/> YEAR <input checked="" type="checkbox"/> MONTH <input type="checkbox"/> WEEK <input type="checkbox"/> DAY
ASK 1	★ WHEN YOU STOPPED SMOKING BEFORE, DID YOU FEEL ANY WITHDRAWAL SYMPTOMS? <input type="checkbox"/> OFELT VERY STRONGLY <input type="checkbox"/> OFELT STRONGLY <input type="checkbox"/> OFELT TO SOME EXTENT <input type="checkbox"/> DID NOT FEEL VERY STRONGLY <input type="checkbox"/> DID NOT FEEL
ASK 2	★ WHEN DID YOU INTEND TO STOP SMOKING SERIOUSLY LATELY? <input type="checkbox"/> YEAR <input checked="" type="checkbox"/> MONTH <input type="checkbox"/> WEEK <input type="checkbox"/> DAY BEFORE
ASK 3	★ WHAT CAUSED YOU TO SMOKE AGAIN? <input type="checkbox"/> WITHDRAWAL SYMPTOMS <input checked="" type="checkbox"/> CHRONIC STRESS <input type="checkbox"/> BIG LIFE EVENT <input checked="" type="checkbox"/> DRINKING <input type="checkbox"/> BOREDOM <input type="checkbox"/> OTHERS
ADVISE	
ASSIST 1	
ASSIST 2	
	PREVIOUS PAGE <input type="button" value="NEXT PAGE"/> <input type="button" value="CANCEL"/>

FIG. 13

[ACTION TARGET 1 ASK]	
NAVIGATION CONTemplation Stage	NAME <input type="text" value="1111111"/> NAME <input type="text" value="TARO"/> DATE OF <input type="text" value="1973/08/27"/> SEX <input type="text" value="MALE"/> CODE <input type="text" value="BIRTH"/>
	<p>☆ TELL ME WHY YOU DARE NOT TO STOP SMOKING. YOU INTEND TO STOP SMOKING.</p> <p>SELECT ITEMS WHICH HOLD TRUE FOR YOU FROM FOLLOWING LIST.</p> <p><input checked="" type="checkbox"/> (1) SMOKING IS USEFUL FOR RELAXING AND GETTING RID OF STRESS</p> <p><input checked="" type="checkbox"/> (2) IT IS DOUBTFUL WHETHER SMOKING IS BAD FOR HEALTH</p> <p><input checked="" type="checkbox"/> (3) I FEEL WITHDRAWAL SYMPTOMS STRONGLY WHEN STOPPING SMOKING</p> <p><input checked="" type="checkbox"/> (4) IT'S TOO LATE TO STOP SMOKING SINCE I HAVE SMOKED FOR LONG TIME</p> <p><input checked="" type="checkbox"/> (5) I WORRY ABOUT GAINING WEIGHT BY STOPPING SMOKING</p> <p><input type="checkbox"/> (6) I HAVE NO CONFIDENCE FOR STOPPING SMOKING</p> <p><input type="checkbox"/> (7) I HAVE FAILED FOR MANY TIMES TO STOP SMOKING</p> <p><input type="checkbox"/> (8) I HAVE NO IDEA ABOUT HOW TO STOP SMOKING</p> <p><input type="checkbox"/> (9) OTHERS</p>
↓ ASK 1 ↓ ASK 2 ↓ ASK 3 ↓ ADVISE ↓ ASSIST 1 ↓ ASSIST 2	<p>☆ IF YOU HAVE SOMETHING ANXIOUS ABOUT SMOKING, PLEASE TELL ME.</p> <p><input type="text"/></p> <p><input type="text"/></p> <p><input type="text"/></p>
	<p><input type="button" value="PREVIOUS PAGE"/></p> <p><input type="button" value="NEXT PAGE"/></p> <p><input type="button" value="CANCEL"/></p>

FIG. 14

[ACTION TARGET 1 ASK]		[X]									
<table border="1"> <tr> <td>NAME CODE</td> <td>NAME TARO</td> <td>DATE OF BIRTH</td> <td>1973/08/27</td> </tr> <tr> <td colspan="4">SEX MALE</td> </tr> </table>		NAME CODE	NAME TARO	DATE OF BIRTH	1973/08/27	SEX MALE					
NAME CODE	NAME TARO	DATE OF BIRTH	1973/08/27								
SEX MALE											
<p>☆ ASSESSMENT FOR NICOTINE DEPENDENCE</p> <p>HOW LONG DOES IT TAKE FOR YOU TO START TO SMOKE AFTER YOU WAKE UP IN THE MORNING</p>											
<p> <input type="radio"/> CONCURRENTLY <input type="radio"/> WITHIN 15 MINUTES <input type="radio"/> FROM 1 TO 2 HOURS </p>				<p> <input type="radio"/> FROM 15 TO 30 MINUTES <input type="radio"/> 30 MINUTES <input type="radio"/> AFTER 2 HOURS </p>							
<p>DO YOU SMOKE WHEN YOU ARE IN SICKBED ALL DAY</p>											
<p> <input type="radio"/> ALWAYS <input type="radio"/> USUALLY <input type="radio"/> SOMETIMES <input type="radio"/> RARE <input type="radio"/> NOT AT ALL </p>											
<p>☆ TELL ME WHY YOU INTEND TO STOP SMOKING</p>											
				<p> <input type="checkbox"/> RECOMMENDED BY SOMEONE <input type="checkbox"/> CHANGE OF ENVIRONMENT <input type="checkbox"/> POOR PHYSICAL CONDITION <input type="checkbox"/> FOR HEALTH <input type="checkbox"/> SINCE THIS IS A GOOD OCCASION <input type="checkbox"/> OTHERS </p>							
NAVIGATION		PREPARATION STAGE		<p> <input type="checkbox"/> ASK 1 <input type="checkbox"/> ASK 2 <input type="checkbox"/> ASK 3 <input type="checkbox"/> ADVISE <input type="checkbox"/> ASSIST 1 <input type="checkbox"/> ASSIST 2 </p>							
				<p> <input type="checkbox"/> PREVIOUS PAGE <input type="checkbox"/> NEXT PAGE <input type="checkbox"/> CANCEL </p>							

FIG. 15

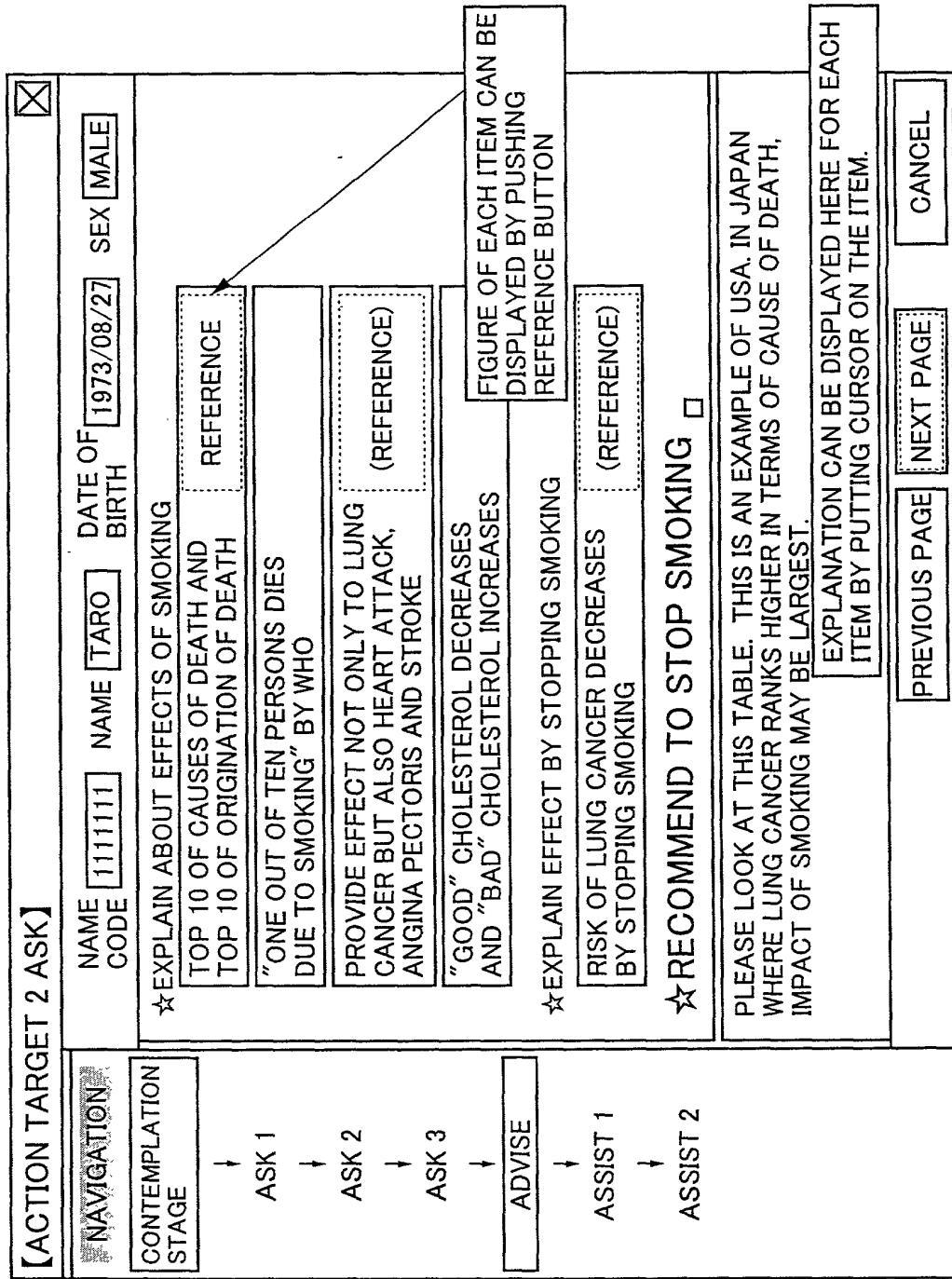


FIG. 16

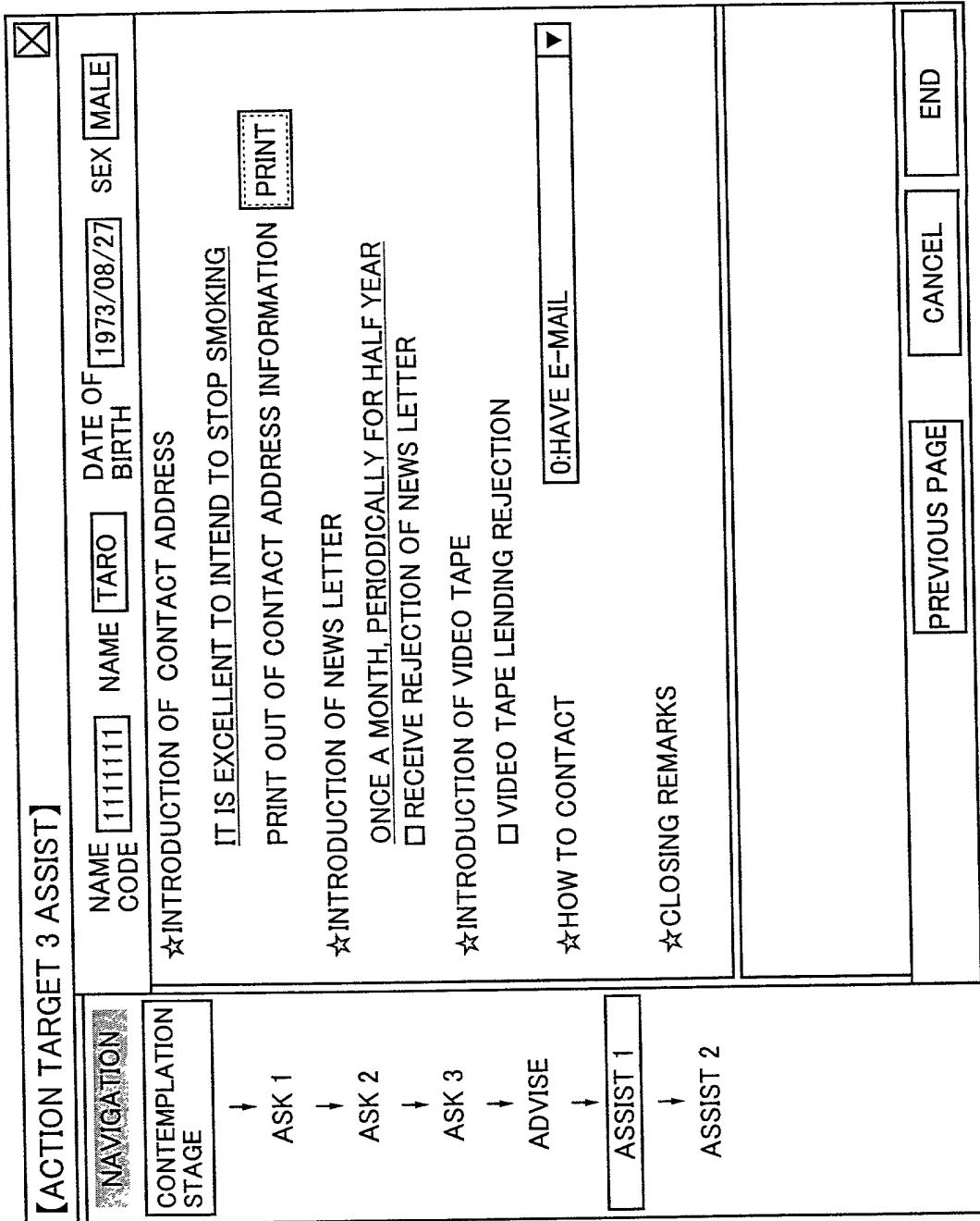


FIG.17

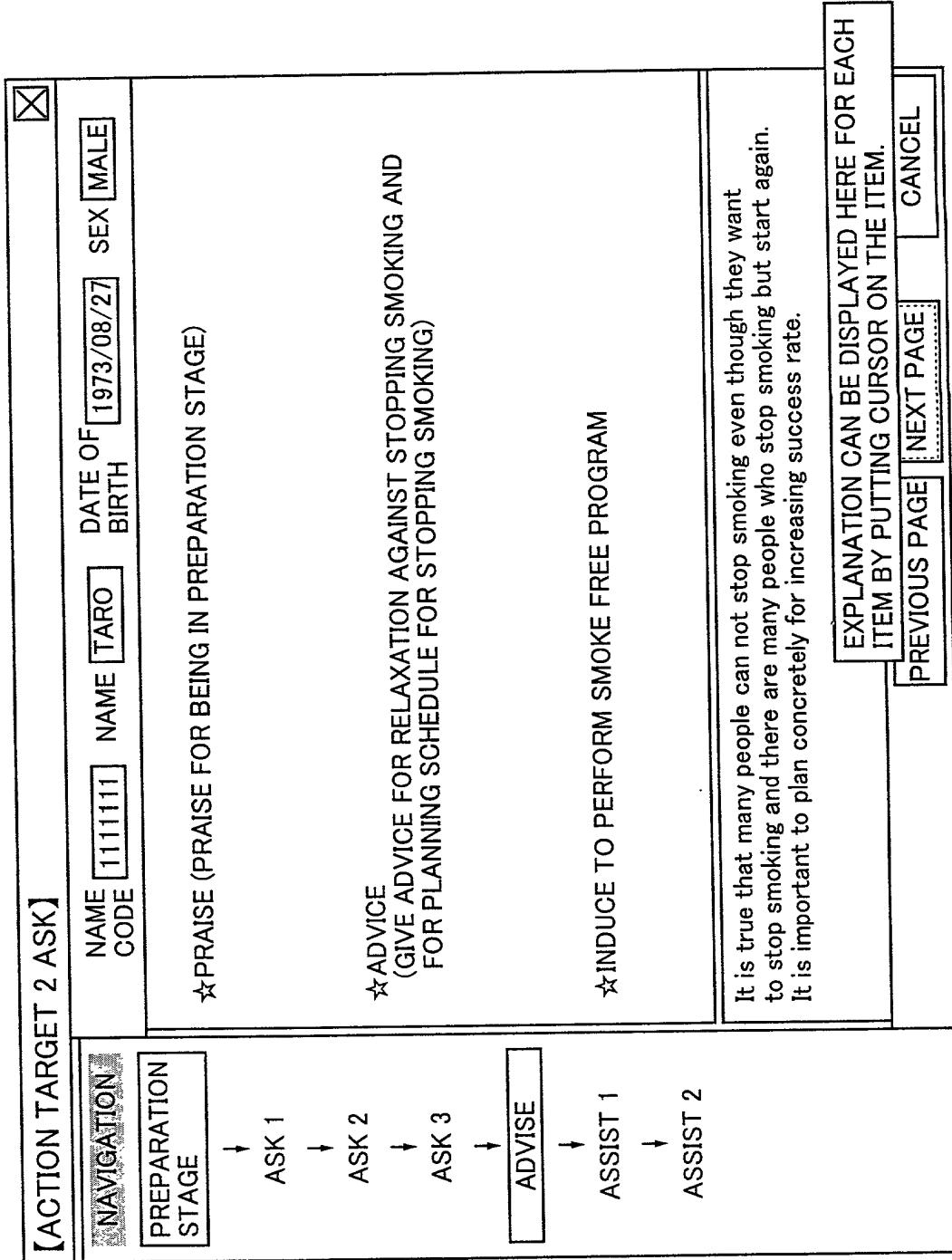


FIG. 18

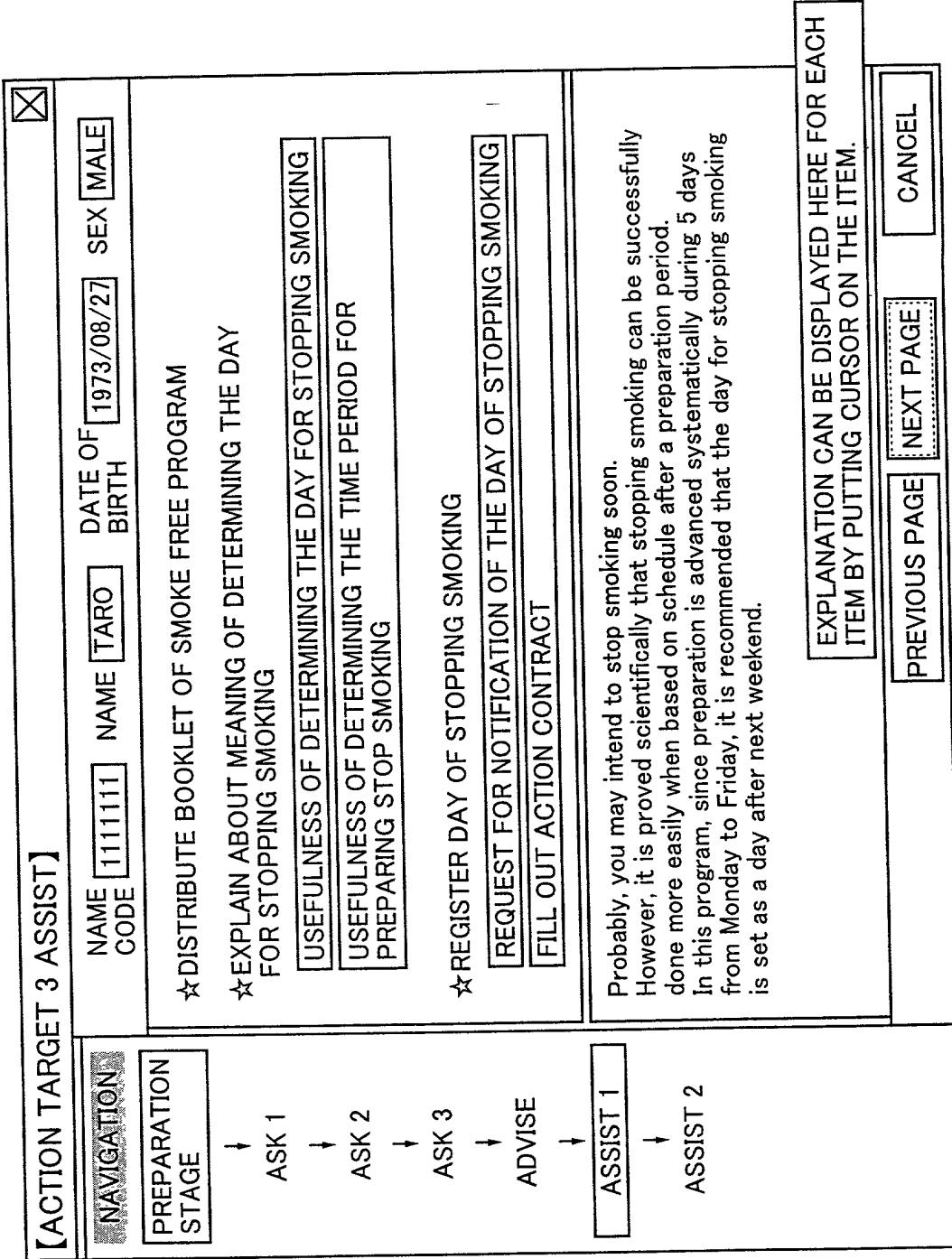


FIG. 19

□ X

[ACTION TARGET 3 ASSIST]	
NAME CODE	NAME [1111111] NAME [TARO] DATE OF BIRTH [1973/08/27] SEX [MALE]
☆ EXPLAIN ABOUT EACH PAGE OF PREPARATION PERIOD	
↓ ☆ HOW TO REACT WHEN YOU WANT TO SMOKE	
↓ ☆ EXPLAIN ABOUT E-MAIL CONTACT	
↓ ☆ START DAY OF SMOKE FREE YEAR MONTH DATE □ NO SETTING	
↓ 01:HAVE E-MAIL ▶	
↓ ☆ CONTACT METHOD	
↓ ☆ CLOSING REMARKS	
↓ ASSIST 2 You may want to smoke sometimes especially for some time after stopping smoking even if you stopped smoking with firm resolution. (while pointing page 13) In this page, ideas for overcoming the impulse when you want to smoke are described. You can check some of the idea which can be applied to you before you start life without smoking. We recommend that you tear off this page and stick it on a place within your sight or carry it along for some time after you stopped smoking.	
↓ ASSIST 1 PREVIOUS PAGE CANCEL END	

FIG.20

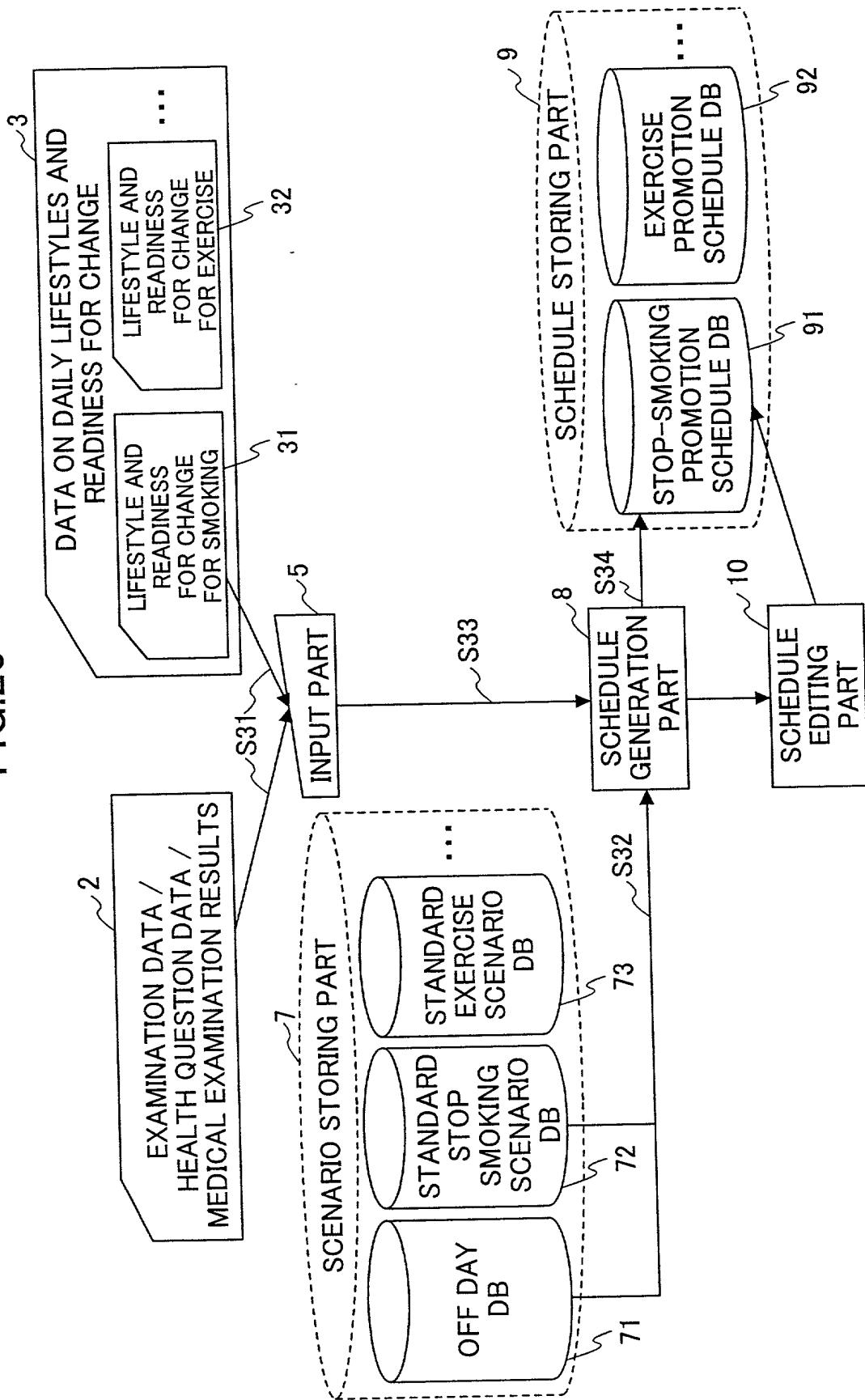


FIG.21

NAME	LIFESTYLE	READINESS FOR CHANGE	PROMOTION PERIOD	PROMOTION DATE	PERFORMED DAY	PROMOTION MEANS	PROMOTION INFORMATION	RESP-ONCE	PERSON IN CHARGE	MEMO
TARO	SMOKING	UNCONCERNED STAGE	AFTER 1 WEEK	99/03/08	99/03/09	E-MAIL	FOLLOW-UP AFTER 1 WEEK	NO CHANGE	A	
TARO	SMOKING	UNCONCERNED STAGE	AFTER 1 MONTH	99/03/30		E-MAIL	SMOKING FOLLOW -UP LETTER 1			
TARO	SMOKING	UNCONCERNED STAGE	AFTER 2 MONTHS	99/04/30		E-MAIL	SMOKING FOLLOW -UP LETTER 2			
TARO	SMOKING	UNCONCERNED STAGE	AFTER 3 MONTHS	99/05/31		E-MAIL	SMOKING FOLLOW -UP LETTER 3			
TARO	SMOKING	UNCONCERNED STAGE	AFTER 4 MONTHS	99/06/30		E-MAIL	SMOKING FOLLOW -UP LETTER 4			
TARO	EXERCISE	EXECUTION STAGE	AFTER 1 WEEK	99/03/08	99/03/09	TELEPHONE			A	
TARO	EXERCISE	EXECUTION STAGE	AFTER 2 WEEKS	99/03/15		E-MAIL	EXERCISE FOLLOW -UP LETTER 1			
TARO	EXERCISE	EXECUTION STAGE	AFTER 3 WEEKS	99/03/29		E-MAIL	EXERCISE FOLLOW -UP LETTER 2			
TARO	EXERCISE	EXECUTION STAGE	AFTER 4 WEEKS	99/04/05		E-MAIL	EXERCISE FOLLOW -UP LETTER 3			

FIG.22

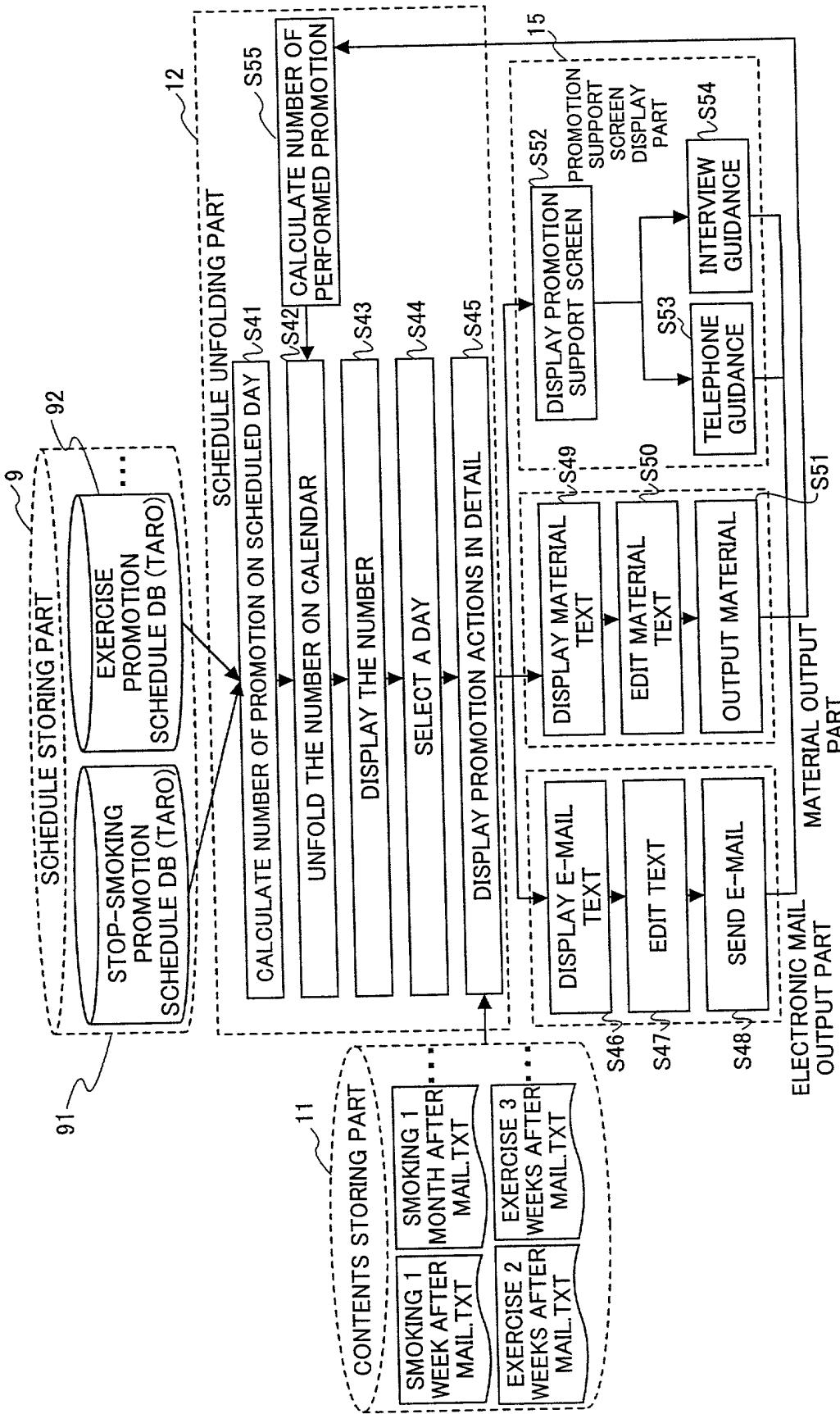


FIG. 23

FIG.24

LIST OF CLIENTS			PROMOTION SCHEDULE DAY 2001/01/11		
PROMOTION YEAR/ MONTH/DAY 2001/04/11			PROMOTION STATUS		
NAME CODE	NAME	PROGRAM NAME	READINESS FOR CHANGE	PROMOTION PERIOD	NOTES
<input type="checkbox"/> 00111111	JIRO	SMOKE FREE	CONTENPLATION STAGE	E-MAIL	AFTER 1 WEEK
<input type="checkbox"/> 00222222	HAJIME	SMOKE FREE	PRECONTENPLATION STAGE	E-MAIL	AFTER 1 WEEK
<input type="checkbox"/> 00333333	MAMORU	SMOKE FREE	UNCONCERNED STAGE	E-MAIL	AFTER 1 WEEK

CONTENTS IN E-MAIL CAN BE CHECKED BY CLICKING

SELECT ALL

RELEASE ALL

INQUIRY/ EDIT

PRINT MATERIAL

SEND E-MAIL

VIDEO RETURN

EXERCISE

BACK

FIG.25

DOCUMENT EDIT	<p>FOLLOW-UP 6 DAYS BEFORE START</p> <p>2001/04/11</p> <p>YOKOSUKA CITY</p> <p>DIR TARO</p> <p>From this week, a two week program for stopping smoking starts. Do your best. We help you.</p> <p>Today, please prepare for a booklet "smoke free life - for a person who intend to stop smoking". Please check your mental attitude from today by reading explanation of the whole program.</p> <p>If you lost the booklet, please let us know as soon as possible. And if you have questions, do not hesitate to contact us. And also, if you want to postpone this program due to a business trip or your urgent business, please let us know.</p> <p>Work hard to realize life without smoking. We help you.</p> <p>PERSON IN CHARGE HONDA TEL:xxx-xxx-1234 e-mail:to-abc@xyz</p> <p><input type="button" value="CLOSE"/> <input type="button" value="SEND"/></p>
---------------	--

FIG.26

[PREVIOUS DAY OF QUIT DATE]		<input checked="" type="checkbox"/>																	
<table border="1"> <tr> <td>NAME</td> <td>1111111</td> <td>NAME</td> <td>TARO</td> </tr> <tr> <td>CODE</td> <td></td> <td>PERSON IN</td> <td>HONDA</td> </tr> <tr> <td>DETERMINE PROGRAM</td> <td></td> <td>DATE OF</td> <td>PROMOTION</td> </tr> <tr> <td>START DAY</td> <td></td> <td colspan="2">2001-04-11</td> </tr> </table>		NAME	1111111	NAME	TARO	CODE		PERSON IN	HONDA	DETERMINE PROGRAM		DATE OF	PROMOTION	START DAY		2001-04-11			
NAME	1111111	NAME	TARO																
CODE		PERSON IN	HONDA																
DETERMINE PROGRAM		DATE OF	PROMOTION																
START DAY		2001-04-11																	
<p>★INDIVIDUAL INFORMATION</p> <table border="1"> <tr> <td>COMPANY</td> <td>ABC</td> </tr> <tr> <td>ADDRESS</td> <td>YOKOSUKA CITY</td> </tr> <tr> <td>TEL</td> <td></td> </tr> <tr> <td>FAX</td> <td></td> </tr> <tr> <td>E-mail</td> <td>tarou</td> </tr> </table>		COMPANY	ABC	ADDRESS	YOKOSUKA CITY	TEL		FAX		E-mail	tarou								
COMPANY	ABC																		
ADDRESS	YOKOSUKA CITY																		
TEL																			
FAX																			
E-mail	tarou																		
<p>PROGRAM INTRODUCTION E-MAIL</p>																			
<p>PREVIOUS DAY OF STOPPING SMOKING CONTACT BY TELEPHONE</p>		<p>★ THE PROGRAM STARTS FROM TODAY: (CONFIRMATION) ★ DO YOU HAVE SOMETHING TO WORRY ABOUT? (EXTRACT QUESTION)</p>																	
		<p>★ READY FOR STARTING PROGRAM! (ENCOURAGEMENT)</p>																	
		<p>★ WITHDRAWAL SYMPTOMS? PLEASE REFER TO PAGE 13 OF THE BOOKLET (PROVIDE INFORMATION AND ENCOURAGEMENT)</p>																	
		<p>★ DO YOUR BEST! (SUPPORT)</p>																	
<p>ONE WEEK AFTER STOPPING SMOKING CHECK BY TELEPHONE</p>		<p>From Monday to Saturday, you have prepared everything according to the booklet of smoke free life. Today, please read 5 page of the booklet and perform it. You can stop smoking undoubtedly.</p>																	
<p>ONE WEEK AFTER STOPPING SMOKING E-MAIL</p>		<p>EXPLANATION CAN BE DISPLAYED HERE FOR EACH ITEM BY PUTTING CURSOR ON THE ITEM</p>																	
<p>ONE MONTH AFTER STOPPING SMOKING E-MAIL</p>																			
<p>SIX MONTH SMOKE FREE COMMENDATION</p>		COMPLETE	CANCEL																

FIG.27

DOCUMENT EDIT

NEWS LETTER 3

◀ ▶

Can you relax when you smoke?

To persons who respond "YES". The reason why some people feel relaxed by smoking is that the body wants nicotine due to smoking for long time. That is, since amount of nicotine decreases in the body if smoking is stopped for a period, withdrawal symptoms such as becoming irritated, feeling pressure and the like are caused. At that time, when nicotine is supplied by smoking, withdrawal symptoms are suppressed and you feel like relaxed.

What is caused by nicotine?

Nicotine is a stimulant. When you smoke, your heart rate and blood pressure increase temporarily. When you attend a meeting, your heart rate and blood pressure also increase. That is, smoking does not have such effect for relaxing the body.

◀ ▶

DEEP BREATHING

PRINT

CLOSE

